

CARE IN YOUR HOME

◆ What will happen when I go home?

Good handwashing, good personal hygiene, and good house-keeping are important and should always be done to maintain health. These practices will help prevent spreading VRE to other persons in your home. Always tell your doctor or other healthcare provider if you have VRE so they can take the appropriate measures to prevent the spread to others.

House Cleaning

- * No special cleaning of clothing, furniture or items (e.g. dishes) is needed.
- * Clean the toilet and sink weekly with a cleanser that reads "disinfectant" on the label. Disinfectants need enough time to kill VRE; therefore, wet surfaces with your disinfectant and allow to air dry.

Handwashing

- * Wash your hands before making any food and before eating. This practice should be followed by everyone in your house.
- * Wash your hands after using the washroom.
- * Everyone who may help you with using the washroom or with your personal hygiene should wash their hands after contact with you.

Steps for effective handwashing with soap and water are listed below:

1. Remove rings.
2. Turn on water and wet hands.
3. Apply soap. Lather.
4. Scrub hands well, palm to palm. Scrub in between and around fingers. Scrub back of hands 4-5 times with palm of other hand. Scrub fingertips and nail beds of each hand in opposite palm. Scrub each thumb.
5. Rinse well under running water.
6. Pat hands dry with clean paper towel.
7. Turn taps off with a dry paper towel.

Proper handwashing technique using alcohol hand gel

1. Apply enough product in palm of hand to cover all surfaces (2 pumps from dispenser).
2. Rub hands together palm to palm. Rub in between and around fingers. Rub the back of each hand with palm of other hand. Rub fingertips and nail beds of each hand with palm of other hand. Rub each thumb clasped in opposite hand. Keep rubbing until hands are dry.

Proper handwashing technique should take a minimum of 15 seconds.

Five Hills Health Region
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Five Hills Health
Region

Regional Infection
Control Department



VRE Vancomycin Resistant Enterococcus



Information Booklet

VRE (Vancomycin Resistant Enterococcus)

◆ What is VRE?

Enterococci are bacteria that are normally present in the intestinal tract. Vancomycin is an antibiotic used to treat infections caused by this bacteria. Some Enterococci are no longer killed by vancomycin and they are called Vancomycin Resistant Enterococci or VRE.

◆ How is VRE Spread?

VRE is spread through contact with someone who has VRE. If caregivers don't wash their hands, then they can spread it to the next person they care for. VRE can also spread by touching surfaces (e.g. toilet seats, bedpans, door handles etc) that have come in contact with a person who has VRE. Therefore, washing your hands well and often is the best way to prevent the spread of VRE.

◆ What happens if you have VRE and you are admitted into the hospital?

In the hospital, patients who have VRE will be placed on isolation to prevent the spread of the bacteria to other patients. Isolation will involve the following:

1. You will need to remain in your room for the duration of your hospital stay. You are allowed out of your room for essential purposes only (i.e. medical tests and treatments).
2. An isolation sign will be placed on the door of your room. This will inform staff and visitors what special precautions to take prior to entering your room.
3. Healthcare workers are required to wear gowns and gloves while in your room. This will help prevent the spread of VRE to other patients.
4. Visitors are also required to wear a gown and gloves while in your room. This will help to prevent the spread of VRE.

5. Hands can be cleaned by washing with soap and water or by rubbing hands with an alcohol hand sanitizer.
6. It is very important for ALL persons (visitors and staff) to clean their hands before they enter and when they leave your room.

◆ Can my family or visitors get VRE?

If family and visitors follow the precautions sign posted on your door, the risk of acquiring VRE is minimal.

◆ Will VRE go away?

VRE may go away on its own. Although, even if you no longer have VRE, we will continue to test you every time you are admitted into the hospital in order to protect you and others.